

Scientastic!

HOW TIRED ARE YOU TODAY?

Name _____

Date _____

Using the guide below rate you level of sleepiness at the times specified in the chart.

SCORE: DESCRIPTION:

- 1 Wide awake, feeling refreshed and active
- 2 Able to function but beginning to feel less alert
- 3 Feeling foggy and beginning to lose interest
- 4 Slowed down; increased foginess; having a hard time focusing
- 5 Losing struggle to stay awake; sleep onset soon

Day/Time	Sleepiness Score
1 st Monday	
7:00-8:00 a.m.	
11:00 a.m.	
2:00 p.m.	
5:00 p.m.	
8:00 p.m.	
10:00 p.m.	
Thursday	
7:00-8:00 a.m.	
11:00 a.m.	
2:00 p.m.	
5:00 p.m.	
8:00 p.m.	
10:00 p.m.	
2 nd Monday	
7:00-8:00 a.m.	
11:00 a.m.	
2:00 p.m.	
5:00 p.m.	
8:00 p.m.	
10:00 p.m.	